



# Cedar Hill ISD Health Services

## School Health Advisory Council (SHAC)

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Research shows that healthy children do better in school - from attendance and behavior to academics and overall performance. The Cedar Hill Independent School Health Advisory Council (SHAC) works with the district to help school communities support good health and academic achievement.

### What is a SHAC?

A SHAC is a state mandated advisory council for the health and well-being of school age children. It is made up of parents, community members, students, and school staff working together to improve the health of all students and families through coordinated school health programs.

### Why do we need a School Health Advisory Council (SHAC)?

- It's Texas law: The Law states that “The board of trustees of each school district shall establish a local school health advisory council to assist the district in ensuring that local community values are reflected in district’s health education instruction... and that the majority of members must be parents who are not employed by the school district.” Title 2, Chapter 28, Section 28.004 of the Texas Education Code
- Healthy children learn better
- Schools play an important role in teaching healthy habits
- Healthy homes and healthy schools support healthy children

### Benefits of Having a SHAC

- Addressing the health needs of students through the work of the SHAC, helps meet district performance goals and alleviates financial constraints.
- SHACs play an important role in communicating the connection between health and learning to school administrators, parents and community stakeholders.
- SHACs can help parents and community stakeholders reinforce the health knowledge and skills children need to be healthy for a lifetime.

### What is included in a coordinated school health program (CSHP)?

The components of a coordinated school health program include:

- Family and community involvement
- Child Nutrition services
- Physical education
- Health education
- Counseling, psychological & social services
- Health services
- Healthy school environment
- Health promotion for school staff

### How can I help?

Become a part of the school advisory council. Form a campus wellness committee. Become active in supporting district initiatives to create healthy learning environments for all of our children. Attend your Cedar Hill ISD SHAC meetings regularly and make a difference.